

Invincible Living: The Power of Yoga, The Energy of Breath, and Other Tools for a Radiant Life

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Summary:

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From acclaimed yoga teacher Guru Jagat comes a wildly cool, practical, and beautifully illustrated guide to applying the simple and super-effective technology of Kundalini Yoga and Meditation to everyday life, upgrading your "operating system" inside and out.

With Invincible Living, Guru Jagat shares a radical way of understanding yogaâ€”not just as something to do in practice, but as a broader principle for living. Candid, encouraging, and irreverent, Guru Jagat shows how Kundalini Yogaâ€”which forgoes complex poses for energy-boosting, breath-driven exercises, quick meditations, and simple poses most of which you can do at your deskâ€”can reset your life and well-being, regardless of your age or background.

Designed explicitly for everyday people, not ashram-going or gym-bodied yogis, fast, effective Kundalini techniques can be done anywhere, from the car to the conference room. Thereâ€™s no need to have a bendy back or toned arms. You donâ€™t even need a mat: just a quiet space to clear your head, and as little as a minute out of your day.

From beauty and self-care to work and relationships, Invincible Living tackles both the mindâ€”from mood elevation and stress reduction to renewed mental clarityâ€”and the bodyâ€”from anti-aging, and increased metabolism to amped up energy. Packed with tips, exercises, and step-by-step instructions and fully photographed and illustrated in Guru Jagatâ€™s fresh, handmade-meets-hipster style, Invincible Living is fresh take on ancient wisdom: a must-have guide for anyone who wants simple, effective, tools for a supercharged life as taught by a uniquely compelling teacher who upends all preconceptions about yoga.

Invincible Living includes 100 color photographs and illustrations.

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